

FOR IMMEDIATE RELEASE

Hamilton's Centre for Civic Inclusion Promotes Week 1 of a Season for Non-Violence

Thursday, February 1, 2007 – HAMILTON: Hamilton's Center for Civic Inclusion (HCCI) announced yesterday its commitment to supporting Season for Nonviolence that runs until April 4. Season for Nonviolence is a international 64-day educational, media, and grassroots campaign dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. Season for Nonviolence Co-founders & Conveners are the M.K. Gandhi Institute for Nonviolence& The Association for Global New Thought.

Inspired by the 50th and 30th memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr., this international event honors their vision for an empowered, nonviolent world. Season for Non Violence includes daily commitments to live by with a weekly focus.

Week One: Acceptance.

1. Today, even though it is different, I honor the road that others travel.
2. Today, I know that nothing is impossible to a willing heart.
3. Today, I whine less and hope more.
4. Today, I realize I spend so much time with myself I might as well learn to like myself and what I do.
5. Today, I accept the differences in others. Together we can become greater than the sum of both of us.
6. Today, I will spend some time releasing judgments.
7. Today, I see the best in others.

“We are supporting this great initiative because we believe in the promotion of a peaceful and inclusive Hamilton,” said Madina Wasuge, Executive Director of HCCI. “We look forward to providing the local community with these great suggestions each week for making daily commitments to promote non-violence.”

In addition to sending out Media Releases with this information, HCCI will also post the Season for Non Violence weekly commitments on their website at www.hcci.ca

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Background

HCCI is a grass-roots community-based initiative committed to working as a catalyst for anti-racist change across Hamilton. It addresses everyday racism of joblessness, poverty and the lack of access and equity within institutionalized health, education and other services by building partnerships and working with these institutions.

For more information or interviews contact:

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